I am a new user of XM and I find it beneficial since as a sales person I drive alot and with XM I can get many shows as well as instant weather and traffic information rather than waiting for a local station to give that information or if I'm going to travel to an area I can just go to my XM radio and find out what I need. On a regular station I may not even know what station to go to in a given area or be able to pick it up from where I might be coming from at any given time.